









Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5 A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>	<p>All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>1 Sodium (mg): Na⁺</p> <p>California Chick. Salad 241 Tossed Salad 124 German Potato Salad 85 WW Pita 135 Fresh Orange 0 </p> <p>Total Sodium: 585 Calories: 490 Carbs: 57</p>	<p>2 Sodium (mg): Na⁺</p> <p>Turkey Divan 321 O'Brien Potatoes 117 WW Roll 160 Iced Banana Cake 209 Diet: SF Cookie</p> <p>Total Sodium: 807 Calories: 636 Carbs: 74</p>	<p>3 Sodium (mg): Na⁺</p> <p>Salmon w/ 67 Lemon Dill Sauce 111 White Rice 4 Carrots 77 Dinner Roll 210 Mixed Fruit 10</p> <p>Total Sodium: 479 Calories: 453 Carbs: 63</p>
		<p>6</p> <p>Beef Burgundy 241 Garlic Mashed 53 Peas 82 Scali Bread 310 Fresh Apple 2</p> <p>Total Sodium: 687 Calories: 748 Carbs: 104</p>	<p>7</p> <p>BBQ Pulled Pork 280 Yellow Rice 36 Cabbage & Carrots 47 Oatmeal Roll 121 Peaches 5</p> <p>Total Sodium: 489 Calories: 371 Carbs: 53</p>	<p>8</p> <p>Roast Chicken w/ 320 Apricot Sauce 39 Red Bliss Potatoes 4 Cauliflower/Broccoli 15 Multigrain Bread 190 Chocolate Chunk Cookie 171 Diet: Graham Wafer</p> <p>Total Sodium: 739 Calories: 671 Carbs: 88</p>
<p>13</p> <p>Meatball Sub 210 Rotini 1 Winter Blend 15 Sub Roll 162  Pears 5</p> <p>Total Sodium: 393 Calories: 458 Carbs: 62</p>	<p>14</p> <p>Egg Salad 179 Cole Slaw 81 Pasta Salad 56 WW Bread 160 Fresh Orange 0</p> <p>Total Sodium: 670 Calories: 490 Carbs: 68</p>	<p>15</p> <p>Teriyaki Chicken 478 Oriental Veg Blend 26 Asian Rice 78 Multigrain Bread 190 Fortune Cookie 2</p> <p>Total Sodium: 774 Calories: 391 Carbs: 51</p>	<p>16 High Sodium Meal</p> <p>Corned Beef Hash 775* Boiled Potatoes 51 Cabbage & Carrots 47 Raisin Bread 210 Leprechaun Cake 209 Diet: Low Sugar Cake</p> <p>Total Sodium: 1292 Calories: 643 Carbs: 94</p>	<p>17</p> <p>Lentil Chili 213 White/Brown Rice 4 WW Roll 160 Peaches 5 </p> <p>Total Sodium: 383 Calories: 455 Carbs: 88</p>
<p>20</p> <p>Pasta Bolognese 163 Jardinière Blend 39 Multigrain Roll 190 Fresh Orange 0 </p> <p>Total Sodium: 491 Calories: 603 Carbs: 86</p>	<p>21</p> <p>Portuguese Chicken 420 Mixed Veg Blend 41 Tomato Rice 112 Dinner Roll 210 Banana 1</p> <p>Total Sodium: 783 Calories: 458 Carbs: 61</p>	<p>22</p> <p>Turkey w/ Gravy 454 Mashed Potatoes 52 Winter Squash 11 Oatmeal Bread 121 Vanilla Pudding 174 Diet: SF Pudding</p> <p>Total Sodium: 812 Calories: 637 Carbs: 99</p>	<p>23</p> <p>Hot Dog 550* Mustard 55 Baked Beans 36 Peas & Carrots 80 HD Roll 210 Cinnamon Applesauce 15</p> <p>Total Sodium: 946 Calories: 615 Carbs: 73</p>	<p>24</p> <p>"Catch of the Day" 180 Herb Sauce 76 Delmonico Potatoes 142 California Blend 27 Oatmeal Roll 121 Pineapple 1</p> <p>Total Sodium: 547 Calories: 385 Carbs: 59</p>
<p>27</p> <p>Chicken Cacciatore 433 Penne Pasta 1 Brussel Sprouts 12 Scali Bread 310 Mixed Fruit 10 </p> <p>Total Sodium: 765 Calories: 502 Carbs: 77</p>	<p>28</p> <p>Shepherd's Pie 271 Green Beans 3 Dinner Roll 210 Mandarin Oranges 7</p> <p>Total Sodium: 392 Calories: 568 Carbs: 79</p>	<p>29</p> <p>Pork w/ Apple Gravy 182 Parsley Mashed 53 Peas & Mushrooms 133 WW Bread 160 Birthday Cake 209 Diet: Low Sugar Cake</p> <p>Total Sodium: 736 Calories: 731 Carbs: 101</p>	<p>30</p> <p>Broccoli and Cheese 410 Stuffed Chicken 26 Italian Blend Veg 134 Rice Pilaf 121 Oatmeal Roll 15</p> <p>Total Sodium: 706 Calories: 496 Carbs: 61</p>	<p>31</p> <p>Florentine Omelet 210 Hash Browns 118 Pepper & Onions 3 Fruit Loaf 160 Mixed Fruit 10 </p> <p>Total Sodium: 702 Calories: 619 Carbs: 74</p>

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium
Indicates a food is high in sugar, > Indicates a food is high in fiber

Your voluntary \$3 donation today, provides more meals tomorrow.